



NEXT STEP

Put Your Best Foot Forward

From Connecticut Foot Care Centers, LLC



MARCH 2015

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EPAT Therapy for Heel Pain



Have you tried every treatment and remedy possible for your heel pain? Stretching, icing, and resting not helping? Have you considered shock wave therapy for your heel pain? Learn more about this non-invasive treatment option

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<http://www.ctfootcare.com/shockwave-therapy.html>

Pregnancy Can Bring Foot Pain

So you are expecting a new arrival shortly ... congratulations! It's a wonderful time of anticipation if this is your first child, and if you already have children it's fun to share the planning with them.



You are taking care of yourself by taking your vitamins, exercising in moderation, eating balanced meals and drinking plenty of water. But did you know that your feet require special pampering during this time?

Because you are naturally gaining weight, your center of gravity is changed, bringing added pressure to your knees and feet and causing a new weight-bearing stance. The result could be over-pronation and edema.

Over-Pronation

Over-pronation results when the arches flatten out and the feet roll inward when walking. This condition may create stress or inflammation on the plantar fascia, a fibrous band of tissue running from the heel to the fore-foot. Walking may be painful and the calves or back may become strained.

Pregnancy Can Bring Foot Pain.....Continued on pg 2

Pregnancy Can Bring Foot Pain.....Continued from pg 1

Treating over-pronation will not only relieve pain but also will prevent the development of more serious conditions such as plantar fasciitis, heel spurs, tendonitis or bunions. Orthotics with arch support can help. Also, during pregnancy, wear sturdy, comfortable footwear that fits well and provides extra support and shock absorption.

Edema

Pregnancy exerts pressure on blood vessels in the pelvis and legs, which slows down circulation. Blood then pools in the lower extremities, especially in the feet, resulting in swelling or edema. Retaining water can cause even more swelling, as can the body's release of hormones.

Minimize edema in the feet by:

- Elevating feet often
- Wearing shoes with ample room
- Having your feet measured each time you purchase shoes
- Wearing seamless, loose socks
- Taking breaks to stretch your legs while driving
- Maintaining a regular exercise program like walking
- Keeping hydrated by drinking plenty of water
- Avoiding salty foods

Important watch-out: see your doctor immediately if you notice swelling in your face or hands which could indicate a serious condition called preeclampsia, a pregnancy-induced hypertension.

Visit Our Office if Foot Pain Persists

If your foot pain persists, especially after your baby arrives, call our office for a complete foot exam. We'll pinpoint the problem and work together on a customized foot health plan.

Reduce the Chances for a Fall

Falls can result in serious injuries, especially for senior citizens. Sadly, many of these falls can be prevented. Problems with gait and balance as well as improperly-fitting footwear can lead to a fall.

Follow these tips to reduce your chances of being injured in a fall:

Reduce the Chances for a Fall.....Continued on pg 3

History Footnote

Using a "foot" measurement dates back to the ancient Greeks and Romans where it was the length of the average foot. A "hand" was the width of the 5 fingers, or 4 inches, and is still used today to measure the height of a horse.

Celebrity Foot Focus

Former first lady Barbara Bush is such a fan of Keds tennis shoes that her husband, President George H.W. Bush, bought her 20 pair in different designs and colors.

Joke of the Month



A man was flustered not being able to find a parking space in a large mall's parking lot. "Lord," he prayed, "I can't stand this. If you open a space up for me, I swear I'll give up drinking, and I promise to go to church every Sunday." Suddenly, the clouds parted and the sun shone on an empty parking spot. Without hesitation, the man said, "Never mind, I found one."

Reduce the Chances for a Fall.....Continued from pg 2

- Exercise regularly to increase leg strength and improve balance. Choose programs like Tai Chi that promote stability.
- Have eyes checked annually.
- Reduce tripping hazards at home. Eliminate small throw rugs, review wiring for dangerous spots, add railings on both sides of stairways and improve lighting.

Be Shoe Smart

Many of us buy shoes at discount retailers without having our feet measured. An improperly fitted shoe can not only cause pain but can be dangerous too for those with balance and mobility issues.



Try the 1 – 2 – 3 test on the shoes in your closet:

- Step #1 – press the sides of the heel to make sure it is stiff and won't collapse.
- Step #2 – bend the shoe to check for the right amount of flexibility in the toe area.
- Step #3 – twist the shoe – it shouldn't twist in the middle.

When shopping for new shoes:

- Have your feet measured professionally each time and shop later in the day when the feet are largest.
- Bring your own socks and orthotic devices with you.
- New shoes should be comfortable right away; you shouldn't have to break them in.

Even if you have no specific health or foot issues, stop by our office for a routine foot exam and measurement assessment. We can help you choose the best footwear for your unique needs.



Everyone is Irish on St. Patrick's Day! Chicago's parade on March 17th is one of the largest in the U.S., and 45 pounds of vegetable dye colors the Chicago River in honor of the "wearing o' the green!"

Trivia

Q: Which shoe is the worst possible shoe to wear?

- A. Ballet flats
- B. Pike Heels
- C. Pointy-toed pumps
- D. Flip-flops

Answer: D

Explanation:

According to podiatrist Andrew Shapiro, DPM, a spokesman for the American Podiatric Medical Association, the world's worst shoe is not spike heels or pointy boots. Instead, the worst offender is flip-flops! This is because flip-flops offer no arch support and do not protect the foot at all, leaving feet exposed and prone to injuries.

The solution: Unless you're on the beach, wear real sandals, not flip-flops -- the kind with a strap in the back that at least holds your foot inside the shoe.

Worst Shoe Runners-Up are spike heels, ballet flats, pointy-toes pumps, and backless mules.



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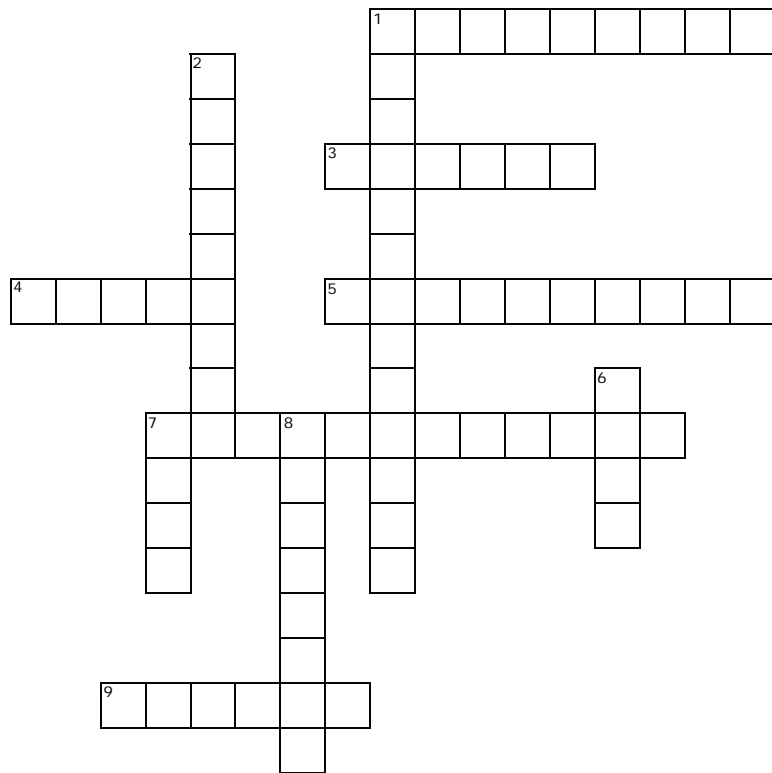
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Crossword Puzzle



Across

1. custom made device to support the foot
3. areas of the foot that can be high or flat
4. condition including feet swelling
5. medical specialist who treats foot issues
7. high blood pressure
9. this may cause a foot to over-pronate

Down

1. condition that may inflame the plantar fascia
2. an important time to take care of your feet
6. ancient measurement that we still use today
7. unit to measure the height of a horse
8. healthy practice to improve balance

See Answer at: www.ami-solutions.net/ctfoo2/nl/2015/mar/podnews-lettermar2015_solution.pdf



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